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Tomatoes

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TOMATO TIME IS ANY TIME

Tomatoes, red, ripe, and fresh from summer vines . . . tomatoes green for pies, pickles, and other good dishes after the first light frost of fall . . . tomatoes for winter and early spring "put up" plain or in juice, catsup, chili sauce, relishes, marmalades . . . The calendar round, tomatoes add their special note of bright color, tempting flavor, and vitamin value.

Tomatoes Star for Vitamin C

As a vitamin C rich food, tomatoes are among the best. One good-sized, vine-ripened tomato will give you about half your day's quota of vitamin C, as well as a generous amount of vitamin A.

To get most good from tomatoes, eat them raw and fresh. But remember they hold a large share of their vitamins even when cooked or canned.

Tomato Tips

- Sort and use ripest tomatoes first. Keep the rest spread out where it's cool . . . the refrigerator is a good place.
- Peel and cut tomatoes quickly, just before you are ready to cook them or serve raw in salad. If you must prepare tomatoes ahead of time, be sure to keep them covered in a cold place until you use them.
- To peel tomatoes:

Stroke the skin with the back of a knife until loosened, or

Dip in hot water 1 to 2 minutes, then quickly into cold water, or

Run tip of fork into tomato and rotate over a flame until the skin wrinkles slightly.

When the Frost is on Tomatoes

Green tomatoes, caught by the first light frost, can be brought indoors. "Mature greens"—

those about to turn color and often with a white spot around the blossom end—will ripen at cool room temperatures (55° to 70° F.) in either sunlight or shade. Spread them out in the cellar, or woodshed, or on the porch if not too cold.

Immature green tomatoes won't ripen and are likely to rot if kept too long. It's best to pickle or cook them soon after picking.

COOKED TOMATOES . . . RIPE OR GREEN

Stewed Tomatoes

Remove stem ends and quarter 6 medium-sized ripe or green tomatoes (peel ripe tomatoes, if preferred). Add 1 tablespoon minced onion for flavor, if desired. Cover and cook until tender—10 to 20 minutes for ripe tomatoes, 20 to 35 for green. Add a little water to green tomatoes, if needed.

Season with 1 teaspoon salt; a little pepper; sugar, if desired—½ teaspoon for ripe tomatoes, 1 tablespoon for green; and 1 tablespoon fat. For variety, add ½ cup soft bread crumbs before serving or top with toasted bread cubes. Six servings.

Season canned tomatoes in the same way as fresh ripe, and heat (if onion is added cook until onion is tender).

With onions or celery. Cook together half as much sliced onion or chopped celery as ripe tomatoes. Season as above. Cook covered until onion or celery is tender—about 20 minutes. This is an excellent way to use the outer stalks of celery that are less desirable for eating raw.

Fried Tomatoes

Slice 6 medium-sized ripe or green tomatoes about ½ inch thick. Dip in mixture of ½ cup fine, dry bread crumbs or flour, ½ teaspoon salt, and a little pepper. Cook in a small amount of fat until brown on both sides. If desired, dip tomatoes in beaten egg, then in flour or bread crumbs before cooking. Six servings.

Broiled Tomatoes

Wash 6 medium-sized tomatoes, ripe or green, and remove stem ends. Cut tomatoes in two, and place cut side up in shallow pan or on broiling pan. Brush with melted fat and sprinkle with salt and pepper. Place under direct heat with top of tomatoes about 3 inches below tip of flame or broiler unit. Broil until tender—10 to 15 minutes for ripe tomatoes, 15 to 25 for green. If desired, sprinkle with fine bread crumbs or grated cheese for the last few minutes of broiling. Six servings.

Scalloped Tomatoes

- 3½ cups sliced fresh or canned (No. 2½ can) tomatoes
- ¼ cup minced onion
- 2 tablespoons minced green pepper, if desired
- 1 teaspoon salt
- Pepper
- Sugar, if desired—½ teaspoon for ripe or canned tomatoes, 1 tablespoon for green
- 2 cups soft bread crumbs
- 2 tablespoons fat

Combine tomatoes (ripe or green), onion, green pepper, salt, pepper, and sugar if used. Place in a baking dish alternate layers of tomato mixture and bread crumbs, ending with bread crumbs. (For a thinner mixture, omit 1 cup of the crumbs.) Dot with fat. Bake in a moderately hot oven (375° F.) 20 to 30 minutes for ripe tomatoes, about 45 for green.

If desired, sprinkle ½ cup grated cheese over the top for the last 10 to 15 minutes of baking. Six servings.

For variety, combine ripe tomatoes with other vegetables. Reduce tomatoes in above recipe to 2½ cups and add . . . 2½ cups cooked whole-kernel corn; or 3 cups shredded cabbage; or 1 medium-sized eggplant, pared and cut in ½-inch pieces; or 4 cups sliced crookneck squash; or 4 medium-sized onions, sliced or quartered, in place of the minced onion. Combine as for scalloped tomatoes. Cover and bake until vegetables are tender . . . with corn, 20 to 30 minutes; with onions, about 1 hour; with cabbage, eggplant, or squash, the scallop will need to bake 45 to 50 minutes.

Remove the lid for the last 15 to 20 minutes to brown crumbs.

Baked Tomatoes

Wash and remove stem ends of 6 medium-sized tomatoes, ripe or green. Place in a baking dish, brush with melted fat, and sprinkle with salt and pepper. Add just enough hot water to cover bottom of dish. Bake in a moderately hot oven (375° F.) until tender—about 30 minutes for ripe tomatoes, about 45 for green. If desired, sprinkle with bread crumbs before baking.

On the half shell. Cut tomatoes in two, place cut side up in a baking dish, brush with melted fat, and season with salt and pepper. Bake in a moderately hot oven (375° F.) until tender—about 30 minutes.

Stuffed. Scoop out center of ripe tomatoes, leaving a shell about ¼ inch thick. Chop pulp and drain off juice (use juice in cocktails, soups, sauces). Mix pulp with an equal amount of soft bread crumbs. Add 2 tablespoons minced onion cooked in 1 tablespoon fat until lightly browned. Season with salt and pepper. Stuff tomatoes, and place in a greased baking dish; add just enough hot water to cover bottom of dish. Bake in a moderately hot oven (375° F.) until tender—25 to 30 minutes.

TOMATOES IN THE MAIN DISH

Curry of Meat with Green Tomatoes

1 onion, sliced
3 tablespoons meat drippings or other fat
1 quart sliced green tomatoes
3 cups chopped, cooked meat
1 to 2 teaspoons curry powder
Salt

Cook the onion in the fat. Add green tomatoes, cover, and cook until tender. Add meat and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy, or water. Season to taste with curry powder and salt. Serve with flaky boiled rice or noodles. Six servings.

Green Tomato Meat Stew

1 pound chuck, cubed
1 teaspoon salt
Pepper
4 tablespoons flour
2 tablespoons fat (beef fat may be used)
½ onion, chopped
3¼ cups water
3 medium-sized green tomatoes
2 cups cubed potatoes
1½ cups sliced carrots

Roll meat in mixture of salt, pepper, and 2 tablespoons of the flour. Brown in the fat. Add onion; cook until lightly browned. Pour in 2 cups of the water, cover, and simmer about 1 hour or until meat is almost tender.

Wash, remove stem ends, and quarter the tomatoes; add with potatoes, carrots, and 1 cup water to the meat. Cover and cook until vegetables and meat are tender. Add more water as needed. Blend remaining 2 tablespoons flour with the ¼ cup water; add to stew, and cook until slightly thickened. Six servings.

Spanish Liver

1 pound sliced beef, lamb, or pork liver
1½ tablespoons flour
2 tablespoons fat
¼ cup chopped onion
¼ cup chopped green pepper
½ garlic clove, chopped
½ cup sliced mushrooms, if desired
2½ cups fresh or canned (No. 2 can) tomatoes
1½ teaspoons salt
Pepper
2 cups cooked noodles or spaghetti
1 cup soft bread crumbs

Dip liver slices in flour and cube at once. Brown liver in the fat; add onion, green pepper, garlic clove, mushrooms, tomatoes, salt, and pepper. Cover and simmer for 10 minutes. Add cooked noodles or spaghetti and cook 10 minutes longer.

Or place noodles or spaghetti and liver mixture in alternate layers in a greased baking dish. Top with bread crumbs. Bake in a moderately hot oven (375° F.) 15 to 20 minutes or until mixture is heated through and crumbs are browned. Six servings.

Beef, Tomato, and Cabbage Scallop

1 pound ground beef or other lean meat
2 tablespoons fat
¼ cup chopped onion
1 cup chopped celery
2½ cups fresh or canned (No. 2 can) tomatoes
2 teaspoons salt
Pepper
4 cups chopped or coarsely shredded cabbage
1 cup soft bread crumbs

Brown the meat in fat. Add onion and celery; cook 5 minutes. Add tomatoes, salt, and pepper; bring to boiling. Place alternate layers of cabbage and meat mixture in a baking dish. Top with bread crumbs. Bake in a moderately hot oven (375°F.) 40 to 45 minutes. Six servings.

Fish-Tomato Stew

Cook 3 cups cubed potatoes in 3 tablespoons fat until lightly browned. Add ½ cup chopped onion, ¼ cup chopped green pepper, 3½ cups fresh or canned (No. 2½ can) tomatoes. Cover and cook until potatoes are tender. Add 1 pound cooked fish, cut in about 2-inch pieces. Season with 1 teaspoon salt, and pepper. Cook about 5 minutes longer. Six servings.

Chicken Creole

4- to 5-pound chicken
¼ cup flour
1 teaspoon salt
Pepper
¼ teaspoon paprika
¼ cup fat (chicken fat may be used)
½ cup chopped onion
½ cup water
¼ cup chopped green pepper
2½ cups fresh or canned (No. 2 can) tomatoes

Cut chicken into serving pieces. Roll in mixture of the flour, salt, pepper, and paprika. Brown in melted fat. Add onion; cook 2 to 3 minutes. Add the water, cover, and simmer about 1 hour or until almost tender, adding more water if necessary. Stir occasionally to keep from sticking. Add green pepper and tomatoes. Simmer about 30 minutes longer. Serve on seasoned hot noodles or rice. Six servings.

Add Tomatoes to Meat Stand-bys

- Add 1 cup fresh or canned tomatoes to your favorite recipe for a 1½ pound meat loaf that calls for about 1 cup of soft bread crumbs as a binder.

- For extra flavor and moistness in ground meat patties, add ¾ cup fresh or canned tomatoes to 1 pound ground beef. Add ½ cup uncooked, quick-cooking oats as the binder. Season. This combination has a "different" flavor and helps stretch the 1 pound of meat to serve 6.

- Pour 2½ cups fresh or canned (No. 2 can) tomatoes over a pot roast the last hour of cooking. It makes a delicious gravy, especially if a clove of garlic and a little thyme are cooked with the meat.

- Tomatoes are a "must" for Spanish steak. Pour 2½ cups fresh or canned (No. 2 can) tomatoes over the browned meat and add chopped onion and green pepper. Season with salt and pepper. Cook until tender.

LUNCHEON . . . SUPPER DISHES

Tomato Rabbit

½ cup finely chopped celery
¼ cup chopped green pepper
¼ cup chopped onion
2 tablespoons fat
2 tablespoons flour
2½ cups fresh or canned (No. 2 can) tomatoes
1 cup grated cheese
1 teaspoon salt
2 eggs, beaten

Cook together celery, green pepper, and onion in the fat, 8 to 10 minutes, stirring frequently. Blend in the flour. Add tomatoes, cheese, and salt. Cook over low heat; stir constantly until mixture thickens and cheese melts. Gradually add some of the tomato mixture to beaten eggs; mix well, then pour all back into the tomato mixture. Continue to cook over low heat; stir constantly until thickened and creamy (2 to 3 minutes).

If desired, add a few dashes of tabasco sauce. Serve on toast or crackers. Six servings.

Savory Rice With Tomatoes

Cook ¼ pound diced bacon until crisp, remove from fat, and drain. Combine 2 tablespoons of the bacon drippings with 3½ cups fresh or canned (No. 2½ can) tomatoes, ¼ cup each of chopped green pepper and onion. Bring to boiling, add about 3 cups cooked rice, cook 10 to 20 minutes. Or add 1 cup uncooked rice and 2 cups water, and cook gently 40 to 45 minutes or until rice is tender. Add more water if mixture becomes dry. Season with salt and pepper. Add bacon. Six servings.

Chili Kidney Beans With Tomatoes

2 cups dried kidney beans
1 large onion, sliced
1 large clove garlic, sliced
1 green pepper, minced
¼ cup bacon drippings
3½ cups fresh or canned (No. 2½ can) tomatoes
2 teaspoons salt
2 teaspoons chili powder

Soak beans overnight in cold water or about 5 hours in lukewarm water to cover. Add onion, garlic, green pepper, bacon drippings, tomatoes, and salt; and simmer for 2 hours in the soaking water. Add more water if needed during cooking. Add the chili powder, stirring as little as possible to avoid mashing the beans. Place in a baking dish or bean pot, cover, and bake in a moderate oven (350° F.) for about 2 hours. Uncover during last part of the cooking if brown beans are desired. Six servings.

If preferred, use lima or navy beans in place of the kidney beans.

Lima Bean-Tomato Casserole

Combine 5 to 6 cups cooked lima beans with 2 cups thin white sauce and 1 cup finely grated cheese. Pour into baking dish and place quartered tomatoes cut side down on bean mixture. Bake in moderate oven (350° F.) 20 to 30 minutes or until tomatoes are tender. Six servings.

Stuffed Tomato Salad

6 medium-sized chilled tomatoes
½ cup chopped celery
½ cup chopped cucumber
1 tablespoon minced onion
1 tablespoon chopped green pepper
2 hard-cooked eggs, chopped
2 tablespoons mayonnaise or cooked salad dressing
1 teaspoon salt
Pepper

Wash tomatoes and remove stem ends. Scoop out center, leaving a shell about ¼ inch thick. Turn upside down on plate to drain. (Use juice in soups or sauces.) Dice tomato pulp and combine with other ingredients. Stuff tomatoes. Serve on lettuce or other salad greens.

For a meat stuffing. Combine 1 cup diced, cooked meat or poultry; 1 cup diced, cooked potatoes; 1 tablespoon chopped parsley; 1 tablespoon minced onion; 2 tablespoons green pepper; 1 teaspoon salt; a little pepper; and 2 tablespoons mayonnaise or cooked salad dressing. (Use scooped-out tomato pulp in stewed tomatoes, soups, sauces—don't waste it.)

Jellied Tomato Salad

1 tablespoon unflavored gelatin
¼ cup cold water
2½ cups fresh or canned (No. 2 can) tomatoes
1 tablespoon minced onion
½ small bay leaf
½ teaspoon sugar
½ teaspoon salt
Pepper
1 tablespoon lemon juice
½ cup finely chopped cucumber
½ cup finely chopped celery

Soften gelatin in the water. Cook tomatoes, onion, and bay leaf—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve and measure 1¾ cups (if not enough, add boiling water). Add hot, sieved tomatoes to gelatin and stir until gelatin is dissolved. Season with sugar, salt, pepper, and lemon juice. Chill. When gelatin mixture begins to stiffen, add cucumber and celery. Mix well. Pour into a mold or pan rinsed in cold water. Chill until firm. Serve with salad dressing on lettuce or other salad greens. Six servings.

Other Salad Suggestions

- Combine diced tomatoes, cooked kidney beans, chopped celery, chopped pickle or pickle relish; season with minced onion, salt, and pepper. Moisten with salad dressing.
- Arrange alternate slices of tomato and cucumber; or tomato, avocado, and grapefruit sections on lettuce or other salad greens. Serve with salad dressing.
- Combine diced tomatoes, diced, cooked potatoes, chopped onion, and French dressing.
- On a bed of slaw place a thick slice of tomato, top with several pieces of cooked asparagus. Serve with salad dressing.
- Combine diced tomatoes, sliced cucumber, and radishes with thick sour cream seasoned with grated onion, salt, and pepper. Or add sour cream to mayonnaise or salad dressing.
- Some favorate salad combinations are . . . sliced tomatoes and cucumber with cottage cheese; diced tomato, celery, radishes, cucumber, scallions or green onions, and lettuce; chopped tomato and shredded cabbage; diced tomato, raw spinach, onion, and grated carrots. Serve with your favorite salad dressing.

TOMATO JUICE . . . SOUPS . . . SAUCES

Tomato Juice Cocktail

3½ cups fresh or canned (No. 2½ can) tomatoes
1 cup chopped celery
¼ cup chopped green pepper
½ bay leaf
1 tablespoon chopped onion
½ teaspoon salt
1 teaspoon Worcestershire sauce
½ teaspoon horseradish, if desired

Cook together the tomatoes, celery, green pepper, bay leaf, and onion—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Add salt, Worcestershire sauce, and horseradish to sieved tomatoes. Chill. Mix well before serving. Makes 3 cups.

Clear Tomato Soup

1½ quarts fresh or canned tomatoes
½ bay leaf
¼ cup chopped onion
4 cloves
1 tablespoon fat, melted
1 tablespoon flour
1 teaspoon sugar, if desired
1 teaspoon salt
Pepper

Cook together the tomatoes, bay leaf, onion, and cloves—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Blend the fat, flour, and sugar (if used); gradually add the cooled, sieved tomatoes. Cook over low heat, stirring constantly for about 5 minutes. Season with salt and pepper. If desired, sprinkle with finely chopped parsley and serve with toasted bread cubes. Six servings.

Cream of Tomato Soup

3½ cups fresh or canned (No. 2½ can) tomatoes
¼ cup chopped onion
2 tablespoons fat
3 tablespoons flour
½ teaspoon sugar, if desired
3 cups milk
1 teaspoon salt

Cook together the tomatoes and onion—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Melt the fat; blend in flour and sugar (if used). Gradually add cooled, sieved tomatoes. Cook over low heat, stirring constantly, until thickened. Gradually add tomato mixture to milk, stirring constantly. Heat slowly to serving temperature. Add salt. Serve at once. Six servings.

Quick cream of tomato soup. Combine 2 cups cooked or canned tomatoes with 3 cups milk. Heat slowly to serving temperature. Add 1 teaspoon salt, a little pepper, and 1 tablespoon fat.

Spanish Sauce

Cook 2 tablespoons chopped onion in 2 tablespoons fat until lightly browned. Blend in 1 tablespoon flour. Add 2½ cups fresh or canned (No. 2 can) tomatoes, ½ cup each of chopped celery and green pepper, 1 tablespoon chopped

parsley, 1 teaspoon salt, and a little pepper. Cook 15 to 20 minutes, stirring frequently. Serve over meat loaf, cooked spaghetti, fried or baked fish, cooked cabbage, or omelet.

Tomato Sauce

2½ cups fresh or canned (No. 2 can) tomatoes
¼ cup chopped onion
½ teaspoon sugar, if desired
¼ bay leaf
2 cloves
Flour
Fat
½ teaspoon salt
Pepper

Cook together the tomatoes, onion, sugar (if used), bay leaf, and cloves—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve and measure. For each cup of sieved tomatoes, blend 1 tablespoon flour and 1 tablespoon melted fat; gradually add the cooled, sieved tomatoes. Cook over low heat, stirring constantly, about 5 minutes or until thickened. Season with salt and pepper. Serve over meat or vegetable loaf, croquettes, fish, cooked spaghetti, souffle, or omelet.

For variety, brown lightly in the fat 1 cup sliced mushrooms before blending fat with the flour. Or for a main dish, add cooked meat balls to the sauce and serve over cooked spaghetti.

Tomato-Meat Sauce

2½ cups fresh or canned (No. 2 can) tomatoes
½ garlic clove
1 bay leaf
¾ pound ground beef
¼ cup chopped onion
¼ cup minced green pepper
2 tablespoons fat
2 tablespoons flour
1 teaspoon sugar, if desired
1 teaspoon salt
Pepper

Cook together the tomatoes, garlic, and bay leaf—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add cooled, sieved tomatoes, sugar (if used), salt, and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles, or rice.

Use right jars. Marmalades, preserves, and tomato-apple butter may be packed in any sound, clean, sterile jar and sealed with paraffin. Or if preferred, seal airtight in any of the canning jars that have tops with separate rubber ring, i. e., the lightning-type jar—with glass lid and rubber ring held in place by wire bail . . . jar with three-piece top—glass lid and top seal rubber held in place by metal screw band . . . or jar with porcelain-lined zinc-top. Don't use metal lids with self-sealing compounds.

Pack green tomato mincemeat, cooked relish, catsup, or chili sauce in jars that seal airtight. Covered with paraffin, they are likely to mold. Use only jars with glass lids—the lightning-type jar or jar with three-piece top. Don't use zinc lids or metal lids with self-sealing compounds—sharp acid foods will eat into metal and corrode it.

Equipment clean. Scrub in hot, sudsy water all equipment, including jars, glass lids, metal screw bands, rubber rings.

Scrub new rubber rings with a brush; boil 10 minutes in 1 quart water and 1 tablespoon baking soda for each dozen rings. Rinse well. Use fresh soda water for each lot. This may help keep rings from flavoring food.

Sterilize jars. Before filling jars with food, place clean jars, lids, and caps in warm water and boil 15 to 20 minutes to sterilize. Keep hot until ready for use.

Ripe Tomato Marmalade

3 quarts (about 18 to 20 medium-sized) sliced, peeled tomatoes
6 cups sugar
1 teaspoon salt
2 oranges
2 lemons
2 cups water
4 sticks cinnamon (about 2- to 3-inch pieces)
2 teaspoons whole cloves

Combine tomatoes, sugar, and salt. Peel oranges and lemons. Slice peel very thin, boil in the water 5 minutes, and drain. Slice orange

and lemon pulp and remove seeds. Add with rind to tomato mixture. Put spices loosely in a thin, white cloth; tie top tightly; and add to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for 45 to 60 minutes or until thickened. Remove spice bag. Pour marmalade into hot, sterile jars (p. 14). Seal. Store in a cool, dry, dark place. Makes about 5 pints.

Green Tomato Marmalade

3 quarts (18 to 20 medium-sized) sliced green tomatoes
6 cups sugar
1 teaspoon salt
6 lemons
1 cup water

Combine tomatoes, sugar, and salt. Peel lemons. Slice peel very thin, boil in the 1 cup water 5 minutes, and drain. Slice lemon pulp and remove seeds. Add with rind to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for about 45 to 60 minutes or until thickened. Pour into hot, sterile jars (p. 14). Seal. Store in a cool, dry, dark place. Makes about 4 pints.

Tomato-Apple Butter

2 quarts (about 12 to 14 medium-sized) sliced tomatoes
1½ quarts (about 6 medium-sized) sliced apples
1 cup water
¼ cup lemon juice
4 cups sugar
¼ teaspoon ground cloves
¼ teaspoon ground allspice
½ teaspoon ground cinnamon

Cook tomatoes 20 to 30 minutes. Press through a sieve and measure out 4 cups. Cook apples in water until very tender. Press through a sieve and measure out 2 cups. Combine sieved tomatoes and apples, lemon juice, sugar, and spices. Cook mixture rapidly about 25 minutes, or until thickened and clear. Stir frequently to prevent sticking. Pour into hot, sterile jars (p. 14). Seal. Store in a cool, dry, dark place. Makes about 3 pints.

Yellow Tomato Preserves

Wash firm, small, yellow tomatoes. Remove skins if desired. To each pound of tomatoes allow ¾ cup water, ¾ pound sugar, ¼ lemon thinly sliced, and 1 piece of gingerroot. Boil the lemon for 5 minutes in part of the water. Boil the remainder of the water with the sugar for 5 minutes to make a sirup. Add tomatoes, gingerroot, lemon, and the liquid in which lemon was cooked. Boil until tomatoes are clear and the sirup somewhat thick. Remove scum, then pour preserves into hot, sterile jars (p. 14). Seal. Store in a cool, dry, dark place.

Uncooked Ripe Tomato Relish

2 quarts (about 12 to 14 medium-sized) chopped, peeled tomatoes
1 cup chopped celery
¾ cup chopped onion
½ cup chopped green pepper
2 teaspoons salt
3 tablespoons sugar
1 tablespoon mustard seed
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
1 cup vinegar

Combine all ingredients and stir until well blended. Pour into clean jars and cover. Kept in refrigerator or other place as cold, relish will keep from 2 to 3 weeks. Makes about 4 pints.

Uncooked Green Tomato Chow Chow

1 quart (6 to 7 medium-sized) finely chopped green tomatoes
3 cups finely chopped cabbage
½ cup finely chopped onion
½ cup finely chopped green pepper
¼ cup salt
2 teaspoons dry mustard
½ cup sugar
1 teaspoon celery seed
1 tablespoon horseradish
1 cup vinegar

Sprinkle layers of tomatoes, cabbage, onion, and green pepper with salt; let stand overnight. In the morning squeeze vegetables dry. Add other ingredients. Pour into clean jars and cover. Kept in refrigerator or other place as

cold, relish will keep from 2 to 3 weeks. Makes about 1 quart.

Green Tomato Relish

- 6 quarts (about 36 to 40 medium-sized) chopped green tomatoes
- 1½ quarts chopped onion
- 3 cups chopped green pepper
- 1½ cups chopped red sweet pepper
- ¼ cup salt
- 3 cups sugar
- 1½ quarts vinegar
- 2 tablespoons whole mixed pickle spices

Mix thoroughly tomatoes, chopped onion, green and red peppers, and salt. Let stand overnight; drain. Combine with sugar and vinegar. Put spices loosely in a thin, white cloth; tie top tightly, and add to tomato mixture. Bring mixture to boil; boil gently with spices for 1½ hours or until thickened, stirring frequently. Remove spice bag. Pour relish into hot, sterile jars (p. 14), fill jars to top, and seal. Store in a cool, dry, dark place. Makes about 6 pints.

Catsup

- 2½ quarts (15 to 17 medium-sized) sliced tomatoes
- ¾ cup chopped onion
- 3-inch piece stick cinnamon
- 1 teaspoon whole cloves
- 1 large garlic clove, chopped
- 1 cup vinegar
- ½ cup sugar
- 1¼ teaspoons salt
- 1 teaspoon paprika
- Dash cayenne pepper

Simmer together tomatoes and onion for 20 to 30 minutes; press through a sieve. Put the cinnamon, cloves, and garlic loosely in a clean, thin, white cloth; tie top tightly; add to vinegar and simmer 30 minutes. Remove spice bag. Boil tomato mixture rapidly until you have but one-half the original amount. Stir frequently to prevent sticking. Add spiced vinegar, sugar, salt, paprika, and cayenne pepper to tomato mixture. Boil rapidly, stirring constantly, about 10 minutes or until slightly thickened. Pour into hot, sterile jars (p. 14), fill jars to top, and seal. Makes about 2 pints.

Chili Sauce

- 4 quarts (24 to 28 medium-sized) peeled and chopped tomatoes
- 2 cups chopped, sweet red pepper
- 2 cups chopped onion
- 1 hot pepper, chopped
- 2 tablespoons celery seed
- 1 tablespoon mustard seed
- 1 bay leaf
- 1 teaspoon whole cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 2 three-inch pieces stick cinnamon
- 1 cup firmly packed brown sugar
- 1½ cups vinegar
- 2 tablespoons salt

Combine the tomatoes, sweet pepper, onion, and hot pepper. Put the celery seed, mustard seed, bay leaf, cloves, ginger, nutmeg, and cinnamon loosely in a thin, white cloth; tie top tightly; add to tomato mixture and boil until you have but one-half the original amount. Stir frequently to prevent sticking. Add sugar, vinegar, and salt. Boil rapidly, stirring constantly, about 5 minutes. Remove spices. Pack chili sauce into hot, sterile jars (p. 14); fill jars to top and seal. Makes about 5 pints.

Green Tomato Mincemeat

- 4 quarts (about 24 to 28 medium-sized) finely chopped green tomatoes
- 2 quarts (about 8 to 10 medium-sized) pared, finely chopped tart apples
- 1 pound raisins
- 4 tablespoons minced citron, lemon, or orange peel
- 1 tablespoon ground cinnamon
- 2 teaspoons salt
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- 2 cups firmly packed brown sugar
- 3 cups granulated sugar
- ¾ cup vinegar
- ¼ to ½ cup lemon juice
- 2 cups water

Combine all ingredients and cook mixture slowly until tender and slightly thickened. Stir frequently to prevent sticking. Pour into hot, sterile jars (p. 14), fill jars to top, and seal. Store in a cool, dry, dark place. Makes about 4 quarts.

Green Tomato Mincemeat Cookies

½ cup fat
1 teaspoon vanilla
1 cup sugar
2 eggs
2 cups sifted all-purpose flour
1 teaspoon baking powder
¼ teaspoon soda
½ teaspoon salt
2 cups green tomato mincemeat
½ cup chopped nut meats

Blend together fat and vanilla. Gradually add sugar, creaming well after each addition. Add eggs one at a time, beating after each. Sift together flour, baking powder, soda, and salt. Add alternately with the mincemeat to the creamed mixture, beginning and ending with the dry ingredients. Add nut meats. Drop from a teaspoon on a greased baking sheet and bake in a moderately hot oven (375° F.) 15 to 20 minutes. Makes about 4½ dozen cookies.

Green Tomato Mincemeat Fruit Cake

⅔ cup fat
1 teaspoon vanilla
2 tablespoons grated orange rind
1 cup sugar
⅓ cup marmalade or jelly
3 eggs
2½ cups sifted all-purpose flour
1½ teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
3 cups green tomato mincemeat
1 cup chopped nut meats

Blend together the fat, vanilla, and orange rind. Gradually add sugar and marmalade, creaming well after each addition. Add eggs one at a time, beating well after each. Sift together the flour, baking powder, soda, and salt. Add alternately with the mincemeat to the creamed mixture, beginning and ending with dry ingredients. Add nut meats. Pour into a greased 7½-inch tube pan or a loaf pan. Bake in a slow oven (325° F.) 1½ hours. Cool ½ hour before removing from the pan.

If desired, use 2 cups mincemeat and 1 cup raisins in place of the 3 cups mincemeat.

Green Tomato Pie

6 to 8 medium-sized tomatoes
2 tablespoons lemon juice
1 teaspoon grated lemon or orange rind
½ teaspoon salt
¼ teaspoon cinnamon
¾ cup sugar
2 tablespoons cornstarch
1 tablespoon table fat
Pastry

Wash, remove stem ends, and slice the tomatoes. Combine with lemon juice, lemon or orange rind, salt, and cinnamon. Cook 15 minutes, stirring frequently. Mix sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add fat. Cool slightly, then pour into a 9-inch pie plate lined with pastry. Cover with pastry and seal edges. Bake in a hot oven (425° F.) 40 to 50 minutes.

Other recipe folders available from the U. S. Department of Agriculture:

Egg Dishes for Any Meal. L–261
Cheese in Your Meals. L–262
Pickle and Relish Recipes. L–269
Green Vegetables in Everyday Meals. L–272
Root Vegetables in Everyday Meals. AIS–42
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